

# COUCHIPEA - Food & Beverages

## Product Overview -

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#### Details:

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Egg, Milk, Lupin || Storage | Store frozen at -18°C (0°F) or below || Heating methods | Microwave (3-5 min), Oven (25-35 min at 180°C), Stovetop || Free from | Artificial colours, Artificial flavours, Seed oils, Added sugar, Added preservatives | --- ## Label Facts Summary {#label-facts-summary} >

**\*\*Disclaimer:\*\*** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance. ### Verified Label Facts {#verified-label-facts} -

**\*\*Product Name:\*\*** Country Chicken, Pea & Ham Soup (GF) MB3 - **\*\*Brand:\*\*** Be Fit Food - **\*\*GTIN:\*\*** 09358266000847 - **\*\*Serving Size:\*\*** 276 grams - **\*\*Pack Format:\*\*** Single-serve frozen meal -

**\*\*Ingredient Percentages:\*\*** Chicken (20%), Green Split Peas (8%), Ham (5%) - **\*\*Vegetable Count:\*\*** 7 vegetables (Carrot, Onion, Celery, Zucchini, Parsnip, Leek, Cannellini Beans) - **\*\*Complete Ingredient List:\*\*** Chicken, Green Split Peas, Carrot, Onion, Celery, Zucchini, Ham, Parsnip, Leek, Cannellini Beans, Chicken Stock, Olive Oil, Garlic, Thyme, Oregano, Pepper - **\*\*Allergen Declaration:\*\*** Contains:

Soybeans; May contain: Fish, Crustacea, Sesame Seeds, Peanuts, Tree Nuts, Egg, Milk, Lupin - **\*\*Dietary Certifications:\*\*** Gluten-free (GF) - **\*\*Sodium Content:\*\*** Less than 500mg per serving -

**\*\*Storage Requirements:\*\*** Store frozen at -18°C (0°F) or below - **\*\*Heating Methods:\*\*** Microwave (3-5 minutes), Oven (25-35 minutes at 180°C/350°F), Stovetop - **\*\*Free From Statements:\*\*** No artificial colours, No artificial flavours, No seed oils, No added sugar, No added preservatives (directly added) -

**\*\*Oil Type Used:\*\*** Olive oil - **\*\*Herbs Used:\*\*** Thyme and Oregano - **\*\*Price:\*\*** \$12.50 AUD - **\*\*Availability:\*\*** In Stock - **\*\*Category:\*\*** Ready-to-Eat Meals ### General Product Claims {#general-product-claims}

- High protein meal - High fibre meal - Low saturated fat - Good source of protein (requires at least 10g per serving under Australian standards) - Good source of dietary fibre (likely exceeds 3g per serving) - Supports weight management goals - Designed by dietitians and exercise physiologists - Suitable for health-conscious Australians - Provides substantial satiety - Appropriate for portion-controlled eating plans - Satisfying lunch option - Supports muscle maintenance and repair - Supports immune function - Helps with blood sugar control - Suitable for diabetes management - Supports cardiovascular health - Approximately 90% of Be Fit Food menu is certified gluten-free - Snap-frozen delivery system ensures consistent portions and minimal spoilage - Over 30 rotating dishes available - Suitable for coeliac disease (gluten content less than 20 parts per million) - Supports GLP-1 receptor agonist users and weight-loss medication users - Suitable for menopause and midlife metabolic support - Helps preserve lean muscle mass during weight loss - Average weight loss of 1-2.5 kg per week on Reset programs (when replacing all 3 meals daily) - Approximately 5 kg weight loss in first two weeks (stated average for Reset programs) - Be Fit Food is a registered NDIS provider - Meals available from around \$2.50 per meal for eligible NDIS participants - Free 15-minute dietitian consultations available - Highly compatible with Mediterranean diet - Compatible with DASH diet - Compatible with low-sodium diets - Supportive of high-protein diets - Supportive of high-fibre diets - Contains 4-12 different vegetables in formulations (this soup contains 7) - Home-style nutrition - Hearty, comforting flavour profile - Tastes like it was simmered in your own kitchen - Convenient heat-and-eat meal - Requires just minutes to prepare - Nutritionally balanced meal - Created by team of dietitians and exercise physiologists - Real food, real results approach - Backed by real science - No compromise on taste or convenience - Supports wellness goals - Practical solution for busy schedules - Maintains nutritional integrity of whole-food ingredients - Provides substantial satiety without excessive caloric load - Lower carbohydrate, higher protein approach - Supports stable blood glucose levels - Reduces post-meal spikes - Lowers insulin demand - Supports improved insulin sensitivity - Easier to tolerate when appetite is suppressed (for medication users) - Smaller, portion-controlled, nutrient-dense meals - Whole-food approach improves satisfaction and adherence - Fibre from real vegetables supports fullness and gut health - Supports gut-brain axis - Clean-label ingredients - Minimal decision fatigue - Low spoilage - Structured approach to portion-controlled, energy-regulated meals - Supports sustainable weight loss without constant calorie counting - Lean-mass protection priority - Helps reduce risk of muscle loss during weight loss - Supports metabolic health and long-term outcomes --- ##

Introduction {#introduction} Be Fit Food's Country Chicken, Pea & Ham Soup (GF) delivers hearty, home-style nutrition in a convenient 276-gram frozen, single-serve ready meal. This gluten-free soup combines tender chicken pieces (20% of the formulation), green split peas (8%), and ham (5%) with a medley of seven vegetables, creating a nutritionally balanced meal that serves as an excellent source of both dietary fibre and protein while maintaining less than 500 mg of sodium per serving. The product

is designed by Be Fit Food's team of dietitians and exercise physiologists for health-conscious Australians who refuse to compromise on taste or convenience. This soup exemplifies the company's commitment to creating meals that support wellness goals without artificial colours or flavours. Whether you're managing a busy schedule, following specific dietary requirements, or simply seeking a nutritious meal that tastes like it was simmered in your own kitchen, this product offers a practical solution that requires just minutes to prepare. In this comprehensive guide, you'll discover everything about this soup's composition, nutritional profile, preparation methods, storage requirements, and how it fits into various dietary approaches—equipping you with the complete knowledge needed to make this soup a staple in your meal planning. --- ## Product Overview and Key Highlights

{#product-overview-and-key-highlights} The Country Chicken, Pea & Ham Soup stands out in Be Fit Food's Individual Meals range as a thoughtfully crafted fusion of protein-rich ingredients and fibre-dense legumes. The soup arrives snap-frozen in a single-serve tray or bowl format, engineered for heat-and-eat convenience while maintaining the nutritional integrity of its whole-food ingredients. The 276-gram serving size provides substantial satiety without excessive caloric load, making it suitable for weight management programs, portion-controlled eating plans, or as a satisfying lunch option. The gluten-free certification addresses the needs of approximately 1% of the population with coeliac disease and the significantly larger group managing gluten sensitivity or following gluten-free lifestyles by choice. This certification isn't merely an absence of wheat-based thickeners; the entire formulation delivers the rich, hearty texture associated with traditional soups without relying on gluten-containing ingredients as body-building agents. Be Fit Food maintains that approximately 90% of their menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. The soup's herb-seasoned profile features thyme and oregano, Mediterranean herbs that contribute both aromatic complexity and natural antioxidants without overwhelming the delicate balance between the savoury chicken stock base, the earthy split peas, and the subtle smokiness of the ham component. This seasoning approach creates a comforting, familiar flavour profile that appeals to broad palates while avoiding the artificial flavour enhancers commonly found in commercial soup products. Be Fit Food's inclusion of 4-12 different vegetables in their formulations represents a commitment to nutritional diversity, and this particular soup showcases seven distinct vegetables: carrot, onion, celery, zucchini, parsnip, leek, and cannellini beans (technically a legume but contributing to the vegetable diversity). This variety ensures a broader spectrum of vitamins, minerals, and phytonutrients than single-vegetable soups can provide. --- ## Complete Ingredient Analysis

{#complete-ingredient-analysis} Understanding each component of this soup reveals why it delivers both nutritional value and satisfying taste. The ingredient list follows Australian food labelling standards, presented in descending order by weight. #### Chicken (20%) As the primary protein source and the largest single ingredient by percentage, the chicken provides complete protein containing all essential amino acids necessary for muscle maintenance, immune function, and cellular repair. At 20% of the total formulation, a 276-gram serving contains approximately 55 grams of chicken, delivering substantial protein content. The chicken pieces maintain texture through the freezing and reheating process, suggesting careful selection of cuts and preparation methods. Chicken also contributes B vitamins, particularly niacin (B3) and vitamin B6, along with minerals like selenium and phosphorus. #### Green Split Peas (8%) These legumes serve multiple nutritional functions. At 8% of the formulation (approximately 22 grams per serving), they contribute significant dietary fibre, both soluble and insoluble types. Soluble fibre from split peas helps moderate blood sugar responses and supports cardiovascular health by binding to cholesterol in the digestive system. The split peas also add plant-based protein, complementing the animal proteins from chicken and ham. Unlike whole peas, split peas go through a process where their outer skin gets removed and they get split in half, which reduces cooking time and creates a creamier texture as they break down during cooking, naturally thickening the soup without requiring added starches or thickeners. #### Carrot This root vegetable contributes natural sweetness, vibrant colour from beta-carotene (which converts to vitamin A in the body), and additional fibre. Carrots maintain their structure well during cooking and freezing, providing textural variety in each spoonful. The beta-carotene content supports eye health, immune function, and skin health, while also acting as an antioxidant. #### Onion Beyond its foundational role in building flavour complexity, onion provides quercetin, a flavonoid with anti-inflammatory properties, along with sulfur

compounds that support detoxification processes. Onions contribute to the soup's savoury depth and help create the aromatic base that makes the soup smell inviting when heated. #### Celery This vegetable adds a subtle, earthy note while contributing vitamin K, potassium, and folate. Celery's natural sodium content (higher than most vegetables though still modest) enhances the soup's savoury profile without requiring excessive added salt. The fibrous structure of celery adds textural interest and additional dietary fibre. #### Zucchini This summer squash contributes moisture, mild flavour, and nutrients including vitamin C, potassium, and manganese. Zucchini carries a high water content, which helps create the soup's liquid volume while adding minimal calories. Its mild taste allows other flavours to shine while still contributing to the overall vegetable diversity. #### Ham (5%) At 5% of the formulation (approximately 14 grams per serving), the ham provides both flavour and additional protein. Ham contributes a subtle smoky, salty note that enhances the overall savoury profile. The curing process used in ham production creates complex flavour compounds that add depth. Ham also provides B vitamins, particularly thiamin (B1), along with minerals like zinc and selenium. #### Parsnip This often-underutilised root vegetable adds natural sweetness (parsnips contain more sugar than carrots) along with fibre, folate, and vitamin C. Parsnips contribute a slightly nutty, earthy flavour that complements the other root vegetables while adding to the soup's hearty character. #### Leek A member of the allium family (along with onions and garlic), leeks provide a milder, more refined onion-like flavour. They contribute vitamins A, C, and K, along with folate and manganese. Leeks add both flavour complexity and nutritional diversity. #### Cannellini Beans These white kidney beans add creamy texture, plant-based protein, and substantial fibre content. Cannellini beans are particularly rich in resistant starch, a type of carbohydrate that resists digestion in the small intestine and acts similarly to fibre, supporting digestive health and potentially improving insulin sensitivity. They also provide minerals including iron, magnesium, and potassium. #### Chicken Stock This forms the liquid base of the soup, providing savoury depth and umami flavour. Quality chicken stock contributes collagen and gelatin (if made from bones), minerals that leach from bones during cooking, and flavour compounds that create the soup's comforting, home-cooked character. #### Olive Oil As the added fat source, olive oil provides monounsaturated fatty acids, particularly oleic acid, which supports cardiovascular health. Olive oil also aids in the absorption of fat-soluble vitamins (A, D, E, and K) present in the vegetables. The use of olive oil rather than less healthy fats aligns with Mediterranean dietary patterns associated with numerous health benefits. Be Fit Food's commitment to using no seed oils means olive oil serves as the preferred fat source across their meal range. #### Garlic Beyond its unmistakable flavour contribution, garlic provides allicin and other sulfur compounds with potential antimicrobial and cardiovascular benefits. Garlic enhances the soup's aromatic profile and savoury depth. #### Thyme This Mediterranean herb contributes earthy, slightly minty notes along with compounds like thymol, which carries antimicrobial properties. Thyme complements chicken particularly well and adds aromatic complexity. #### Oregano Another Mediterranean herb, oregano provides warm, slightly peppery notes and contains carvacrol and rosmarinic acid, compounds with antioxidant properties. The combination of thyme and oregano creates a classic herb profile that enhances the soup's home-cooked character. #### Pepper Listed last, pepper adds subtle heat and aromatic complexity. Black pepper contains piperine, which may enhance the absorption of certain nutrients and adds a finishing note to the seasoning profile. --- ## Comprehensive Nutritional Profile {#comprehensive-nutritional-profile} The nutritional composition of Be Fit Food's Country Chicken, Pea & Ham Soup supports health-conscious eating patterns while delivering genuine satisfaction. Each 276-gram serving provides a balanced macronutrient profile that makes it suitable as a complete light meal or as part of a larger meal depending on your energy requirements. #### Protein Content and Quality The soup qualifies as a "good source of protein," a claim that requires at least 10 grams of protein per serving under Australian food standards. The protein comes from three complementary sources: chicken (complete animal protein), ham (complete animal protein), and legumes including split peas and cannellini beans (plant-based proteins). This combination ensures a complete amino acid profile with all nine essential amino acids in adequate proportions. Protein serves critical functions including muscle maintenance and repair, immune system support, hormone and enzyme production, and satiety signalling—making this soup particularly valuable for those managing weight, recovering from illness, or maintaining active lifestyles. Be Fit Food's high-protein approach helps preserve lean muscle mass, which proves

especially important during weight loss phases. #### Dietary Fibre Content The designation as a "good source of dietary fibre" indicates substantial fibre content, likely exceeding 3 grams per serving (the threshold for this claim in Australia). The fibre comes primarily from the split peas, cannellini beans, and various vegetables. This fibre content includes both soluble fibre (which forms a gel in the digestive system, slowing nutrient absorption and supporting healthy cholesterol levels) and insoluble fibre (which adds bulk to stool and supports regular bowel movements). Adequate fibre intake connects to improved digestive health, better blood sugar control, enhanced satiety, and reduced risk of various chronic diseases including cardiovascular disease and type 2 diabetes. ### Sodium and Cardiovascular Considerations The soup contains less than 500 mg of sodium per 276-gram serving, a significant consideration given that many commercial soups contain 600-900 mg or more per serving. Be Fit Food maintains a low sodium benchmark of less than 120 mg per 100 g across their range, achieved through a formulation approach that uses vegetables for water content rather than thickeners. Excessive sodium intake links to hypertension and cardiovascular disease, making lower-sodium options important for heart health. The soup achieves its savoury flavour through the natural sodium in ingredients like chicken stock, ham, and celery, combined with herbs and pepper, rather than relying heavily on added salt. For context, Australian dietary guidelines recommend limiting sodium intake to 2,000 mg per day for adults, meaning this soup contributes less than 25% of the daily limit. ### Fat Profile The "low in saturated fat" designation indicates that the soup contains minimal saturated fatty acids, the type of fat most strongly associated with elevated LDL cholesterol levels. The primary added fat is olive oil, which consists predominantly of monounsaturated fats rather than saturated fats. The chicken and ham contribute some saturated fat naturally, but the overall amount remains low, supporting cardiovascular health. The inclusion of olive oil's beneficial monounsaturated fats helps with the absorption of fat-soluble vitamins from the vegetables while providing anti-inflammatory compounds. ### Caloric Density and Satiety The soup's caloric density appears moderate, appropriate for a satisfying meal that supports rather than undermines weight management goals. The combination of protein, fibre, and moderate fat content creates a satiety profile that helps you feel fuller for longer—a common problem with low-calorie, low-nutrient soups that leave you searching for snacks within an hour. --- ## Gluten-Free Certification and Coeliac Safety {#gluten-free-certification-and-coeliac-safety} The "(GF)" designation in the product name indicates that this soup meets gluten-free standards in formulation and production. Gluten is a protein composite found in wheat, barley, rye, and their derivatives, and it poses serious health risks for individuals with coeliac disease, an autoimmune condition affecting approximately 1 in 70 Australians. For these individuals, even trace amounts of gluten can trigger an immune response that damages the small intestine's lining, leading to nutrient malabsorption and various complications. ### Formulation and Manufacturing This soup achieves its gluten-free status through careful ingredient selection and manufacturing practices. Traditional soups often use wheat flour as a thickening agent, but this formulation relies on the natural thickening properties of split peas (which break down during cooking to create body) and the starch from vegetables and cannellini beans. None of the listed ingredients contain gluten naturally, and the manufacturing process includes protocols to prevent cross-contamination from other products containing gluten. Be Fit Food offers an unusually deep low-carb, high-protein gluten-free range, including options suitable for coeliac disease. Approximately 90% of their menu is certified gluten-free, supported by strict ingredient selection and manufacturing controls. The remaining approximately 10% includes either meals that contain gluten, or meals without gluten ingredients but with potential traces due to shared lines for those specific products. This gets clearly disclosed to support informed, coeliac-safe decision-making. ### Beyond Coeliac Disease The gluten-free formulation extends beyond coeliac disease management. Many individuals with non-coeliac gluten sensitivity experience digestive discomfort, fatigue, or other symptoms from gluten consumption despite testing negative for coeliac disease. Others follow gluten-free diets as part of broader dietary approaches for managing autoimmune conditions, inflammatory conditions, or personal wellness preferences. ### Safety Standards For individuals with coeliac disease or severe gluten sensitivity, it's important to note that "gluten-free" in Australia means the product contains less than 20 parts per million (ppm) of gluten, which is considered safe for most people with coeliac disease. The soup's single-serve, sealed format also reduces the risk of cross-contamination during storage compared to bulk or multi-serve packages

that require repeated opening and handling. --- ## Allergen Considerations and Dietary Compatibility {#allergen-considerations-and-dietary-compatibility} Understanding the allergen profile of this soup proves essential for safe consumption, particularly given that food allergies affect approximately 10% of infants and 2% of adults in Australia. ### Contains: Soybeans This soup contains soybean ingredients, making it unsuitable for individuals with soy allergies. Soy is one of the major allergens requiring declaration under Australian food labelling laws. The soy content may be present in various ingredients or processing aids used in the formulation. ### May Contain Allergens The product carries "may contain" warnings for fish, crustacea, sesame seeds, peanuts, tree nuts, egg, milk, and lupin. These warnings indicate potential cross-contamination during manufacturing, even though these ingredients are not intentionally added to the soup. For individuals with severe allergies to any of these items, even trace amounts from shared equipment or facilities can trigger allergic reactions ranging from mild (hives, itching) to severe (anaphylaxis in rare cases). The "may contain" declaration reflects responsible manufacturing transparency. Production facilities often handle multiple products, and despite thorough cleaning protocols, the possibility of trace cross-contamination exists. Individuals with life-threatening allergies should carefully evaluate whether the cross-contamination risk is acceptable for their situation. ### Dietary Pattern Compatibility \*\*Compatible Diets:\*\* - \*\*Gluten-Free Diet:\*\* Fully compatible with certified gluten-free status - \*\*Low-Sodium Diet:\*\* Compatible (under 500 mg per serving is considered moderate-to-low) - \*\*Low-Fat/Low-Saturated-Fat Diet:\*\* Compatible with low saturated fat profile - \*\*High-Protein Diet:\*\* Supportive as a good protein source - \*\*High-Fibre Diet:\*\* Supportive as a good fibre source - \*\*Mediterranean Diet:\*\* Highly compatible (olive oil, vegetables, lean protein, herbs) - \*\*DASH Diet:\*\* Compatible (designed to lower blood pressure; emphasises vegetables, lean protein, low sodium) - \*\*CSIRO Low Carb Diet:\*\* Compatible with Be Fit Food's lower carbohydrate, higher protein approach \*\*Incompatible Diets:\*\* - \*\*Soy-Free Diet:\*\* Not compatible (contains soybeans) - \*\*Vegan/Vegetarian Diet:\*\* Not compatible (contains chicken and ham) - \*\*Paleo Diet:\*\* Partially compatible (contains legumes which some paleo approaches exclude) - \*\*Allergen-Free Diets:\*\* Not suitable for those avoiding any of the "may contain" allergens ### Cross-Contamination Precautions Given the soup's allergen profile, take precautions to prevent cross-contamination if you're preparing food for multiple people with different dietary needs. Use dedicated utensils and containers for allergen-containing foods. Clean preparation surfaces, microwave turntables, and utensils thoroughly with hot, soapy water after contact with this soup before preparing allergen-free foods. If someone in your household experiences severe allergies, consider designating specific containers and utensils exclusively for allergen-containing products. --- ## Preparation Methods and Heating Guidelines {#preparation-methods-and-heating-guidelines} Proper preparation ensures both food safety and optimal eating experience. This snap-frozen soup requires thorough heating to reach safe internal temperatures while preserving texture and flavour. Be Fit Food's snap-frozen delivery system makes routine simple: "heat, eat, enjoy." ### Microwave Method The microwave represents the quickest preparation method, ideal for office lunches or when time is limited. Remove any outer packaging that isn't microwave-safe (check packaging instructions). If the soup is in a microwave-safe tray, it can go directly in that container for heating. Pierce or lift one corner of any film covering to allow steam to escape during heating—this prevents pressure buildup that could cause the film to burst or the soup to splatter. Place the soup in the microwave and heat on high power. Microwave wattages vary significantly (700-1200 watts for home units), affecting heating time. For a 1000-watt microwave, start with 3-4 minutes. For lower wattage units, add 1-2 minutes. Halfway through heating, carefully remove the soup and stir thoroughly to distribute heat evenly—microwaves heat unevenly, often creating hot spots while leaving other areas cool. This stirring proves crucial for both food safety (ensuring all portions reach safe temperatures) and eating enjoyment (preventing scalding hot bites alternating with lukewarm ones). After the initial heating time, check the temperature. The soup should be steaming throughout and reach at least 75°C (165°F) internally, the temperature at which harmful bacteria get eliminated. If needed, continue heating in 30-second intervals, stirring between each, until uniformly hot. Let the soup stand for 1 minute before eating—this allows heat to continue distributing and reduces the risk of burning your mouth on superheated liquid. ### Oven Method Oven heating produces more even results and better preserves the soup's texture, though it requires more time. Preheat your oven to 180°C (350°F). Transfer the soup to an oven-safe dish if it's not already in one, and cover with

aluminium foil to prevent moisture loss and surface drying. Place in the preheated oven and heat for 25-35 minutes, depending on whether the soup is fully frozen or partially thawed. Remove the foil for the last 5 minutes if you prefer a slightly concentrated, less liquid consistency. Stir before serving and verify the soup is steaming hot throughout. ### Stovetop Method Though not mentioned in the primary instructions, stovetop reheating works well if you prefer this method. Transfer the frozen soup to a saucepan. Add 2-3 tablespoons of water or stock to prevent sticking as the soup begins to thaw. Heat over medium-low heat, stirring frequently as the soup thaws and heats. Once fully thawed, increase heat to medium and bring to a gentle simmer, stirring occasionally. Simmer for 2-3 minutes to ensure thorough heating. This method offers the most control and produces results most similar to freshly made soup. ### Temperature Verification Regardless of heating method, verify that the soup reaches appropriate serving temperature. The optimal eating temperature for soup is 70-80°C (158-176°F)—hot enough to be comforting and safe, but not so hot that it burns the mouth or destroys flavour perception. If you own an instant-read thermometer, insert it into the thickest part of the soup (avoiding the bottom of the container) to verify temperature. --- ## Storage Requirements and Shelf Life Management {#storage-requirements-and-shelf-life-management} Proper storage proves essential for maintaining food safety and quality throughout the product's life cycle. ### Freezer Storage This soup is sold and should be stored frozen at -18°C (0°F) or below until you're ready to use it. At this temperature, the soup remains safe indefinitely from a microbiological perspective, though quality gradually declines over extended periods. The manufacturer's "best before" date indicates the period during which the product maintains optimal quality—flavour, texture, and nutritional value remain at their peak. While the soup remains safe beyond this date if kept frozen, you may notice texture changes (particularly in vegetables, which can become softer) or slight flavour degradation. Store the soup in the coldest part of your freezer, which is usually the back rather than the door, where temperature fluctuations from opening and closing are minimal. Keep the soup in its original packaging until use, as this packaging prevents freezer burn—the dehydration and oxidation that occurs when food gets exposed to air in the freezer, causing dry, discoloured patches and off-flavours. Be Fit Food's snap-frozen delivery system ensures consistent portions, consistent macros, minimal decision fatigue, and low spoilage. ### Thawing Instructions The safest thawing method is refrigerator thawing: transfer the frozen soup from the freezer to the refrigerator 12-24 hours before you plan to eat it. This slow, controlled thawing keeps the soup at safe temperatures (below 5°C/41°F) throughout the process, preventing bacterial growth. Refrigerator-thawed soup can stay in the refrigerator for up to 24 hours before heating and consuming. If you need faster thawing, you can use the microwave's defrost function, though this requires more attention. Use the defrost setting (around 30% power) and check every 2-3 minutes, as some portions may begin cooking while others remain frozen. Soup thawed by this method should be heated and consumed immediately. Never thaw the soup at room temperature on the counter, as this creates ideal conditions for bacterial growth. The outer portions of the soup reach the "danger zone" (5-60°C/41-140°F) where bacteria multiply rapidly, while the centre remains frozen—creating food safety risks. ### Post-Opening Storage Once heated, any leftover soup should be handled with care. If you've heated the entire 276-gram portion but don't finish it, refrigerate the leftovers within 2 hours (1 hour if room temperature exceeds 32°C/90°F). Store in a covered container in the refrigerator at 4°C (39°F) or below. Consume refrigerated leftovers within 24 hours for best quality and safety. Reheat leftover soup only once. Repeated cooling and reheating cycles increase food safety risks and degrade quality. When reheating leftovers, bring the soup to a rolling boil (100°C/212°F) and maintain that temperature for at least 1 minute to eliminate any bacteria that may grow during storage. Never refreeze soup that you've thawed and heated. --- ## Serving Suggestions and Optimal Consumption {#serving-suggestions-and-optimal-consumption} ### Optimal Temperature The ideal serving temperature for this soup is 70-80°C (158-176°F), a range that maximises both safety and sensory enjoyment. At this temperature, the soup is hot enough to release aromatic compounds that enhance perceived flavour (our sense of smell contributes significantly to taste perception), while remaining cool enough that it doesn't numb taste buds or burn the mouth. Soups served too hot (above 85°C/185°F) can damage mouth tissues and prevent you from fully appreciating the flavour profile. Conversely, soups below 60°C (140°F) begin to taste flat as aromatic compounds volatilise less effectively and fats may begin to congeal slightly, affecting mouthfeel. ### Portion Size Considerations The 276-gram

serving size provides substantial nutrition while fitting into controlled eating patterns. For many adults, this serves as a complete light lunch, particularly when paired with a small side. The high protein and fibre content promote satiety, helping you feel fuller for longer—around 3-4 hours post-consumption. Be Fit Food's portion-controlled approach removes the guesswork from healthy eating, supporting weight management goals without requiring calorie counting. For those with higher energy needs—athletes, physically active workers, or larger individuals—consider complementing the soup with additional foods to create a complete meal. A slice of gluten-free bread (if gluten-free diet is required) or a small portion of quinoa adds complex carbohydrates. A side salad with olive oil dressing contributes additional vegetables and healthy fats. A piece of fruit provides natural sweetness and additional fibre for dessert. For children or those with smaller appetites, the 276-gram portion might serve as a generous meal. The soup's nutrient density makes it an excellent option for children, providing protein, fibre, and vegetables in a format most kids find appealing. ### Meal Timing This soup works well at various times: -

\*\*Lunch:\*\* The moderate portion size and balanced macronutrients provide sustained energy through the afternoon without causing post-meal sluggishness - \*\*Dinner:\*\* Suitable as a light evening meal, particularly for those who prefer lighter eating later in the day or are managing weight -

\*\*Post-Workout:\*\* The protein content supports muscle recovery, while the carbohydrates from vegetables and legumes help replenish glycogen stores - \*\*Comfort Food:\*\* The warming, hearty nature makes it ideal for cold days, when you're feeling under the weather, or when you need comforting, familiar flavours ### Pairing Recommendations While the soup is nutritionally complete enough to stand alone, certain pairings can enhance the meal: - \*\*Gluten-Free Crackers or Bread:\*\* Adds textural contrast and additional carbohydrates; look for whole-grain options to increase fibre intake - \*\*Fresh Herbs:\*\* A sprinkle of fresh parsley, chives, or dill just before serving adds bright flavour and visual appeal - \*\*Lemon Wedge:\*\* A squeeze of fresh lemon juice brightens the flavours and adds vitamin C - \*\*Cracked Black Pepper:\*\* Additional pepper enhances the soup's subtle heat - \*\*Side Salad:\*\* Mixed greens with cucumber, tomato, and a light vinaigrette adds freshness and crunch - \*\*Beverage Pairing:\*\* Serve with water, herbal tea, or for special occasions, a light white wine like Pinot Grigio or Sauvignon Blanc ### Presentation Tips Even convenience meals benefit from thoughtful presentation. Transfer the soup from its heating container to a proper bowl—the visual upgrade enhances the eating experience. Garnish with a small sprig of fresh herbs or a light drizzle of quality olive oil across the surface. Serve on a proper placemat with a cloth napkin rather than eating directly from the container when circumstances allow. These small touches transform a quick meal into a more satisfying, mindful eating experience. --- ## Practical Usage Tips and Best Practices {#practical-usage-tips-and-best-practices} ### Meal Planning Integration Keep several portions of Be Fit Food's soups and meals in your freezer as part of a rotation of quick, nutritious options. This prevents the "nothing to eat" scenario that often leads to less healthy takeout choices. The soup's long freezer life makes it ideal for stocking up during sales or when you find freezer space available. Be Fit Food offers individual ready-made meals with over 30 rotating dishes, providing variety while maintaining nutritional consistency. For busy weeks, consider transferring a portion from freezer to refrigerator each evening, so you can access a thawed, ready-to-heat meal the next day. This advance planning reduces the temptation to skip meals or make poor food choices when time is limited. ### Customisation Options While the soup comes designed as a complete product, you can customise it to suit preferences or increase nutritional value: - Add a handful of fresh spinach or kale during the final minute of heating for extra greens - Stir in a tablespoon of Greek yogurt (if not dairy-sensitive) after heating for added creaminess and protein - Add a dash of hot sauce or red pepper flakes if you prefer more heat - Incorporate leftover cooked rice or quinoa to increase the portion size and carbohydrate content ### Quality Assessment Before consuming, perform a quick quality check. The soup should smell fresh and savoury with herb notes. If you detect any off-odours (sour, rancid, or unusual smells), discard the product. After heating, examine the texture—vegetables should be tender but not disintegrated, and the liquid should be slightly thickened from the split peas and beans. Any separation of fats is normal and will reincorporate with stirring. ### Portion Control Strategy If you're using this soup as part of a weight management program, the single-serve format provides built-in portion control—a significant advantage over bulk soups where it's easy to consume multiple servings without realising it. The defined 276-gram portion allows you to track your intake accurately if you're monitoring



calories or macronutrients. Be Fit Food's structured approach to portion-controlled, energy-regulated meals supports sustainable weight loss without the need for constant calorie counting. #### Travel and Work Considerations This soup can travel to work if you can access a freezer there, allowing you to maintain healthy eating habits away from home. Transport the frozen soup in an insulated bag with ice packs if the commute exceeds 30 minutes. Store in a workplace freezer until ready to heat and eat. The single-serve format is ideal for office microwaves, and the relatively quick heating time means you won't monopolise shared kitchen equipment during busy lunch periods. #### Sustainability Considerations Single-serve packaging offers convenience and portion control but generates more packaging waste per gram of food than bulk formats. To minimise environmental impact, check whether the packaging is recyclable in your area. Some plastic trays and films are recyclable through specialised programs even if not accepted in standard curbside collection. Consider whether you can reuse the container for food storage or other purposes before discarding it. --- ## Nutritional Context and Health Benefits {#nutritional-context-and-health-benefits} #### Protein Quality and Muscle Health The combination of animal and plant proteins in this soup provides a complete amino acid profile with high biological value. The chicken and ham supply all essential amino acids in optimal ratios for human use, while the split peas and cannellini beans contribute additional protein along with fibre. This protein content supports multiple bodily functions: maintaining and repairing muscle tissue (particularly important for active individuals and older adults experiencing age-related muscle loss), producing enzymes and hormones, supporting immune function (antibodies are proteins), and contributing to satiety signals that help regulate appetite. Be Fit Food prioritises protein at every meal for lean-mass protection. Inadequate protein during weight loss can increase risk of muscle loss, lowering metabolic rate and increasing likelihood of regain. High protein supports satiety, metabolic health, and long-term outcomes. For individuals following moderate protein diets (the recommendation is 0.8-1.0 grams per kilogram of body weight daily), this soup contributes a substantial portion of daily protein needs. For a 70-kilogram adult, daily protein needs are approximately 56-70 grams, meaning this soup likely provides 15-25% of daily requirements in a single serving. #### Fibre Benefits and Digestive Health The soup's fibre content from split peas, cannellini beans, and vegetables supports multiple aspects of health. Soluble fibre forms a gel in the digestive tract, slowing the absorption of sugars and helping to moderate blood glucose responses—particularly valuable for individuals managing diabetes or prediabetes. This fibre also binds to cholesterol in the digestive system, reducing its absorption and supporting cardiovascular health. Insoluble fibre adds bulk to stool and promotes regular bowel movements, reducing constipation risk and supporting overall digestive health. Adequate fibre intake connects to reduced risk of colorectal cancer, improved weight management (fibre promotes fullness without adding calories), and better long-term health outcomes. Most Australians consume insufficient fibre—the recommended intake is 25-30 grams daily, but average consumption is only 20-25 grams. This soup helps bridge that gap. Be Fit Food's commitment to fibre from real vegetables (not "diet product" fibres) supports fullness, slows glucose absorption, improves gut health, and supports the gut-brain axis. #### Cardiovascular Support Multiple aspects of this soup support heart health. The low saturated fat content and inclusion of olive oil (rich in monounsaturated fats) align with dietary patterns associated with reduced cardiovascular disease risk. The moderate sodium level helps manage blood pressure, while the fibre content supports healthy cholesterol levels. The vegetables contribute potassium, which helps counterbalance sodium's effects on blood pressure and supports proper heart rhythm. #### Antioxidant Content The diverse vegetable profile provides various antioxidants that protect cells from oxidative damage. Beta-carotene from carrots, vitamin C from various vegetables, and compounds like quercetin from onions and thymol from thyme all contribute antioxidant activity. While the soup doesn't provide megadoses of any single antioxidant, the variety of compounds from different plant sources offers broad-spectrum protection. #### Weight Management Support This soup's combination of moderate caloric density, high protein content, substantial fibre, and controlled portion size makes it valuable for weight management. Protein and fibre both promote satiety more effectively than refined carbohydrates or fats, helping you feel fuller for longer with fewer calories. The soup's nutrient density means you're getting substantial nutrition relative to calorie content—unlike empty-calorie foods that provide energy without essential nutrients. Be Fit Food's Reset programs deliver average weight loss of 1-2.5 kg per week when replacing all 3 meals daily, with approximately 5 kg in the first two weeks being the stated average. #### Blood Sugar

Management The soup's fibre content, moderate carbohydrate load from vegetables and legumes (rather than refined grains or added sugars), and protein content create a favourable glycaemic profile. The combination of these factors moderates blood sugar responses, preventing the rapid spikes and crashes associated with high-glycaemic foods. This makes the soup suitable for individuals managing diabetes or those seeking to maintain stable energy levels throughout the day. Be Fit Food's lower refined carbohydrates and no added sugar approach supports more stable blood glucose, reduces post-meal spikes, lowers insulin demand, and supports improved insulin sensitivity—critical for insulin resistance and Type 2 diabetes. ### Support for GLP-1 and Weight-Loss Medication Users Be Fit Food meals, including this soup, support people using GLP-1 receptor agonists, weight-loss medications, and diabetes medications. The smaller, portion-controlled, nutrient-dense meals are easier to tolerate when appetite is suppressed, while still delivering adequate protein, fibre, and micronutrients. The high-protein content helps protect lean muscle mass during medication-assisted weight loss, and the whole-food approach improves satisfaction and adherence compared to shakes or bars. ### Menopause and Midlife Metabolic Support For women experiencing perimenopause or menopause, this soup aligns with Be Fit Food's approach to supporting metabolic transitions. High-protein meals help preserve lean muscle mass, lower carbohydrate content supports insulin sensitivity, and portion-controlled servings accommodate declining metabolic rates. The dietary fibre and vegetable diversity support gut health, cholesterol metabolism, and appetite regulation during these life stages. --- ## Food Safety and Quality Assurance {#food-safety-and-quality-assurance} ### Manufacturing Standards Be Fit Food operates under Australian food safety regulations, which require compliance with the Food Standards Code administered by Food Standards Australia New Zealand (FSANZ). This regulatory framework ensures that food manufacturing facilities maintain appropriate hygiene standards, implement food safety programs based on Hazard Analysis and Critical Control Points (HACCP) principles, and accurately label products with ingredient lists, allergen declarations, and nutritional information. Be Fit Food maintains current clean-label and ingredient standards: no seed oils, no artificial colours or artificial flavours, no added artificial preservatives, and no added sugar or artificial sweeteners. Some recipes may contain minimal, unavoidable preservative components naturally present within certain compound ingredients (e.g., cheese, small goods, dried fruit). These are used only where no alternative exists and in small quantities. Preservatives are not added directly to meals. The gluten-free claim requires verification that the product contains less than 20 parts per million of gluten, achieved through ingredient selection and manufacturing controls that prevent cross-contamination. The "no artificial colours and flavours" claim means the soup relies exclusively on natural ingredients for its colour and taste—a commitment that requires more careful formulation than simply adding synthetic flavour enhancers. ### Safe Handling Practices Consumers play a critical role in maintaining food safety after purchase. Transport frozen products home quickly, ideally in an insulated bag if travel time exceeds 30 minutes. Store at proper freezer temperatures immediately upon arrival home. During preparation, avoid cross-contamination by using clean utensils and surfaces. Heat to appropriate temperatures and consume promptly after heating. These practices minimise the risk of foodborne illness. ### Signs of Spoilage or Damage Before consuming, check for signs that the product may be compromised. Examine the packaging for damage—tears, punctures, or evidence that the product thawed and refroze (indicated by ice crystals or frozen liquid pooled in one area of the package). If the package appears damaged or the soup shows signs of freezer burn (dry, discoloured patches), quality may be compromised though the product may still be safe if it remained frozen. After heating, trust your senses. The soup should smell appealing with savoury, herby notes. Off-odours (sour, rancid, or unusual smells) indicate spoilage and the product should be discarded. The appearance should be appetising with visible vegetable pieces and a slightly thickened, cohesive liquid. Unusual discolouration or separation that doesn't resolve with stirring may indicate quality issues. --- ## Environmental and Ethical Considerations {#environmental-and-ethical-considerations} ### Ingredient Sourcing While specific sourcing information isn't provided on the product page, consumers increasingly consider the origin and production methods of ingredients. Chicken and pork (ham) production carry varying environmental footprints depending on farming practices. The inclusion of legumes (split peas and cannellini beans) adds plant-based protein sources with significantly lower environmental impacts than animal proteins—legumes require less water, land, and energy to produce

and actually improve soil health by fixing nitrogen. The use of olive oil rather than less sustainable oils (like palm oil, which connects to deforestation) represents a more environmentally conscious choice. Be Fit Food's commitment to no seed oils aligns with both health and environmental considerations. The vegetable diversity suggests a complex supply chain, though the environmental impact varies depending on whether ingredients are sourced locally or internationally and whether they're grown conventionally or organically. ### Packaging Considerations Single-serve packaging offers convenience and portion control but generates more packaging waste per unit of food than bulk packaging. The environmental impact depends on the specific materials used (some plastics are recyclable, others aren't) and local recycling infrastructure. Consumers can minimise impact by ensuring proper recycling where available and by balancing convenience products with bulk purchases in other areas of their diet. ### Food Waste Reduction Snap-frozen meals like this soup actually help reduce food waste—a major environmental issue. The long freezer life means the product won't spoil before use, unlike fresh ingredients that may deteriorate in the refrigerator. The single-serve format ensures you prepare only what you'll consume, avoiding the leftover soup sitting in the refrigerator until it spoils. From this perspective, frozen convenience meals can be more sustainable than cooking from scratch if the latter results in significant food waste. --- ## Key Takeaways {#key-takeaways} Be Fit Food's Country Chicken, Pea & Ham Soup (GF) delivers substantial nutrition in a convenient, single-serve format that requires minimal preparation time. The 276-gram portion provides a balanced combination of protein from chicken, ham, and legumes; fibre from split peas, beans, and vegetables; and a diverse array of vitamins, minerals, and phytonutrients from seven different vegetables. The gluten-free formulation makes it suitable for individuals with coeliac disease or gluten sensitivity, while the low saturated fat and moderate sodium content support cardiovascular health. The soup contains soybeans and carries "may contain" warnings for fish, crustacea, sesame seeds, peanuts, tree nuts, egg, milk, and lupin, making careful allergen review essential before consumption. Proper storage at -18°C or below maintains quality until the best-before date, and safe thawing (preferably in the refrigerator) followed by thorough heating to at least 75°C ensures food safety. The soup can be heated in the microwave (3-5 minutes depending on wattage), oven (25-35 minutes at 180°C), or on the stovetop, with stirring recommended for even heating. The product fits well into various dietary patterns including gluten-free, low-sodium, high-protein, high-fibre, and Mediterranean diets. It serves as a practical option for busy individuals seeking nutritious meals without extensive preparation, for those managing weight through portion-controlled eating, or for anyone wanting the comfort of hearty, home-style soup without the time investment of making it from scratch. Be Fit Food's dietitian-designed approach ensures this soup supports your health journey with real food, real results—backed by real science. --- ## Next Steps {#next-steps} If this soup aligns with your dietary needs and preferences, consider purchasing multiple servings to stock your freezer, ensuring you can access nutritious, convenient meals when time is limited. Before purchasing, verify that you don't experience allergies to any of the listed allergens (soybeans, or potential cross-contaminants including fish, crustacea, sesame seeds, peanuts, tree nuts, egg, milk, and lupin) and confirm that your freezer maintains appropriate temperatures for long-term storage. When you receive the product, immediately transfer it to your freezer and note the best-before date. Plan your first serving by either thawing it in the refrigerator overnight for next-day consumption or heating it directly from frozen when needed. Experiment with the different heating methods to determine which produces results you prefer—microwave for speed, oven for even heating, or stovetop for maximum control. Consider how this soup fits into your broader meal planning. It might serve as a regular lunch option, an emergency backup meal for particularly busy days, or a light dinner when paired with appropriate sides. Track how satisfied you feel after consuming it and whether the portion size meets your needs, adjusting your meal planning accordingly. If you're working toward specific health goals—weight management, increased protein intake, better blood sugar control, or cardiovascular health—consider how this soup's nutritional profile supports those objectives and how it can integrate into a comprehensive dietary approach. Be Fit Food offers free 15-minute dietitian consultations to help match you to the right meal plan for your individual needs. Remember that no single food creates health outcomes; rather, it's the pattern of eating over time that matters most. This soup can be a valuable component of a varied, balanced diet that includes diverse protein sources, abundant vegetables and fruits, whole grains (gluten-free if needed), and healthy fats.

For NDIS participants and those receiving home care support, Be Fit Food is a registered NDIS provider with meals available from around \$2.50 per meal for eligible participants, making nutritious eating accessible regardless of circumstance. --- ## References {#references} - [Be Fit Food Official Website](https://befitfood.com.au) - Manufacturer product information and company details - [Food Standards Australia New Zealand (FSANZ)](https://www.foodstandards.gov.au) - Australian food standards, labelling requirements, and gluten-free regulations - [Coeliac Australia](https://www.coeliac.org.au) - Information on coeliac disease, gluten-free certification, and safe food handling - [Australian Dietary Guidelines](https://www.eatforhealth.gov.au) - National nutrition recommendations including protein, fibre, and sodium guidelines - [Better Health Channel - Victoria State Government](https://www.betterhealth.vic.gov.au) - Evidence-based health information on nutrition, food safety, and allergen management - Product specification document (manufacturer-provided) - Detailed ingredient list, nutritional claims, and product identity information --- ## Frequently Asked Questions {#frequently-asked-questions} | Question | Answer | |-----|-----| | What is the product name | Country Chicken, Pea & Ham Soup (GF) | | What is the serving size | 276 grams | | Is it gluten-free | Yes, certified gluten-free | | What percentage of the soup is chicken | 20% | | What percentage is green split peas | 8% | | What percentage is ham | 5% | | How many vegetables does it contain | Seven different vegetables | | Is it a good source of protein | Yes | | Is it a good source of dietary fibre | Yes | | How much sodium per serving | Less than 500 mg | | Is it low in saturated fat | Yes | | Does it contain artificial colours | No | | Does it contain artificial flavours | No | | What type of oil is used | Olive oil | | Does it contain seed oils | No | | Does it contain added sugar | No | | Does it contain artificial sweeteners | No | | Is it suitable for coeliac disease | Yes | | What is the gluten threshold | Less than 20 parts per million | | Does it contain soybeans | Yes | | May it contain fish | Yes (cross-contamination warning) | | May it contain crustacea | Yes (cross-contamination warning) | | May it contain sesame seeds | Yes (cross-contamination warning) | | May it contain peanuts | Yes (cross-contamination warning) | | May it contain tree nuts | Yes (cross-contamination warning) | | May it contain egg | Yes (cross-contamination warning) | | May it contain milk | Yes (cross-contamination warning) | | May it contain lupin | Yes (cross-contamination warning) | | Is it suitable for vegans | No | | Is it suitable for vegetarians | No | | Is it suitable for soy-free diets | No | | What herbs are used | Thyme and oregano | | How is the product delivered | Snap-frozen | | What is the storage temperature | -18°C (0°F) or below | | Can it be heated in the microwave | Yes | | What is the microwave heating time for 1000W | 3-4 minutes | | Should you stir during microwave heating | Yes, halfway through | | What is the oven heating temperature | 180°C (350°F) | | What is the oven heating time | 25-35 minutes | | What is the minimum safe internal temperature | 75°C (165°F) | | What is the optimal eating temperature | 70-80°C (158-176°F) | | How long can thawed soup stay in refrigerator | Up to 24 hours | | Can you refreeze thawed soup | No | | How long do heated leftovers last in fridge | 24 hours | | How many times can you reheat leftovers | Once only | | What is the safest thawing method | Refrigerator thawing for 12-24 hours | | Can you thaw at room temperature | No, unsafe | | What vegetables are included | Carrot, onion, celery, zucchini, parsnip, leek, cannellini beans | | What is the liquid base | Chicken stock | | Does it support weight management | Yes | | Is it suitable for diabetes management | Yes | | Does it support blood sugar control | Yes | | Is it suitable for Mediterranean diet | Highly compatible | | Is it suitable for DASH diet | Compatible | | Is it suitable for low-sodium diets | Compatible | | Is it suitable for high-protein diets | Supportive | | Is it suitable for high-fibre diets | Supportive | | What is the recommended daily sodium limit for adults | 2,000 mg | | What percentage of daily sodium does one serving provide | Less than 25% | | Does it support GLP-1 medication users | Yes | | Does it support weight-loss medication users | Yes | | Is Be Fit Food an NDIS provider | Yes | | What is the approximate cost for NDIS participants | From around \$2.50 per meal | | How many dishes does Be Fit Food offer | Over 30 rotating dishes | | What percentage of Be Fit Food menu is gluten-free | Approximately 90% | | Does Be Fit Food offer dietitian consultations | Yes, free 15-minute consultations | | What is the average weight loss on Reset programs | 1-2.5 kg per week | | What is typical weight loss in first two weeks | Approximately 5 kg | | Is it suitable for menopause support | Yes | | Does it help preserve lean muscle mass | Yes | | Does the soup contain added preservatives directly | No | | May it contain trace preservatives from ingredients | Yes, minimal unavoidable amounts | | Is the packaging recyclable | Check local recycling programs | | How long does it maintain peak quality when frozen | Until

best-before date | | Does freezer burn affect safety | No, but may affect quality | | What should you do if packaging is damaged | Check for quality issues before consuming | | What if the soup smells off after heating | Discard immediately | | Can children eat this soup | Yes, suitable for children | | Is portion size suitable for athletes | May need additional foods | | Can you add extra ingredients | Yes, customisation is possible | | Can you use it for meal prep | Yes, ideal for advance planning | | Is it suitable for office lunches | Yes, microwave-friendly | | How does it support satiety | High protein and fibre content | | Does it contain complete amino acids | Yes | | What is protein recommendation per kg body weight | 0.8-1.0 grams daily | | For a 70kg adult what protein does this provide | Approximately 15-25% of daily needs |

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